

AQUA FITNESS NETWORK

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Christine Crutcher

Spinning the wheel...

As instructors we need to continuously come up with innovative moves and training styles to give our clients a varied, fun-oriented aqua session. We want to maintain motivation and challenge participants who are ready to increase the intensity of their workout.

Coming up with something different and new can be difficult, so we have developed a fun method called Spin the Wheel to challenge, increase intensity and add variety. This method allows the class to be part of the exercise selection process, while helping the instructor to develop a bank of easy to use exercises that will enhance participants' workouts and increase teaching enjoyment.

Spin the Wheel uses the grid sheet and spinning board from the game 'Twister'. The board is divided into four coloured sections, and these determine the style of the class segment. If the spinner lands on yellow then the next segment will be boxing, blue chooses games and red indicates martial arts. Green is a wild card (for which we use a combination of ballet moves and organised action, but which you can substitute with anything you like).

The colour is picked by spinning the wheel, and then the grid sheet is used. A numbered envelope is placed on each coloured circle on the sheet. 24 coloured envelopes are used; six each of red, yellow, blue and green, and are numbered from one to six.

Inside each envelope is an exercise which corresponds with the style. For example, yellow is spun, a large dice is thrown and the number six comes up. The instructor opens the envelope numbered six on the grid sheet yellow circle. The exercise is 'jab, punch, kick, kick'. The exercise is taught, with the instructor adding variation, changing lever length, adding rhythm, changing mode or adding travel and direction. The exercise is repeated, focusing on good technique and a concentrated effort on the move. The yellow envelope numbered six is discarded. The wheel is spun again and the process repeated.

continued on page 2

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Spinning the wheel...

continued from page 1



- Boxing
- Games
- Martial arts
- Wild card

The photos show two martial art and one ballet move

Sumo into side kick

- photo 1** Squat
photo 2 Kick to the side (hips stay square, arms take up a defence position)



Parry punch into Tiger Hand (throat strike)

- photo 3** Step forward with right foot; at the same time over hand punch with right fist, left hand in front of chest (Buddha hand)
photo 4 Step forward with left foot, right arm draw back to right hip, left arm extends forward
photo 5 Right arm punches forward, left hand by the right elbow
photo 6 Left hand goes under right elbow
photo 7 Pull both hands now crossed at the wrists to right hip
photo 8 Left hand comes forward for the throat strike; right hand (tiger hand) stays down



Jete derrier

Kick to the side with right, bend left leg behind knee

- photo 9** Start with arms low, feet turned out heels to toes
photo 10 Abduct right leg to side, arms abduct to below shoulder height



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Editor
Oliver Kitchingman
Advisory Committee
Lisa Champion
Analee Matthews
Kerri Parkinson
Jenny Schembri-Portelli
Bettina Bokori-Mayman

Graphic Designer
Jack Lee

For all editorial and advertising enquiries contact:

Oliver Kitchingman
Australian Fitness Network
Ground Floor, 40 Oxley St, St Leonards, NSW 2065
PO Box 1606, Crows Nest, NSW 1585
Ph: 02 8424 7286 • Fax: 02 9437 6511
E-mail: oliver.kitchingman@fitnessnetwork.com.au
www.fitnessnetwork.com.au

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photo 11 Abduct left leg to side with a hop to change the legs

photo 12 Land on bent right knee, left leg abducted

photo 13 Bend left knee, foot comes in behind right knee, arms come down

Enjoy putting Spin the Wheel together – you'll never hold the same class twice! ♦



Tamara Middleton-Echave

Tamara has been involved in the fitness industry for her entire working life. She is a personal trainer assessor, an aqua instructor, specialising in aqua based rehabilitation, a key lecturer for Netfit and a personal trainer. Tamara is one of New Zealand's leading fitness educators for instructors and personal trainers alike.

Stephanie McLennan

Stephanie has been involved in the health and fitness industry for over twenty five years and currently project manages a large healthy lifestyle intervention project in 62 schools across New Zealand. Additionally, she coordinates and instructs university exercise classes and works as a healthy lifestyle coach. Stephanie has written two exercise books, one for primary school teachers and the other an 'at home' exercise guide.



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